

Nibbles by the Numbers

These 11 appetizers topped our tests for taste.



OVERALL SCORE

PHILLIPS SEAFOOD RESTAURANTS CRAB CAKE MINIS *

\$12.90 for an 18-oz. pkg.
Calories 37 | Fat 2.8 g
Sat. Fat <1 g | Sodium 45 mg
Browned exterior with fresh, sweet crabmeat, mild seasoning, and breadcrumbs. Sweet and slightly tangy.



OVERALL SCORE

WHOLE FOODS MARKET SPINACH & CHEESE SPANAKOPITA

\$5 for a 12-oz. pkg.
Calories 63 | Fat 4 g
Sat. Fat 1.5 g
Sodium 107 mg
Tender, flaky, crispy phyllo with browned butter, fresh spinach, and feta flavors. Slight heat.



OVERALL SCORE

WHOLE FOODS MARKET VEGETABLE POTSTICKERS

\$3 for an 8-oz. pkg.
Calories 50 | Fat 1 g
Sat. Fat <1 g
Sodium 83 mg
Browned, crisp bottom with soft filling that tastes mostly of bok choy, cabbage, celery, and green onion.



OVERALL SCORE

TRADER JOE'S CHICKEN GYOZA POTSTICKERS

\$3 for a 16-oz. pkg.
Calories 29 | Fat 1 g
Sat. Fat <1 g
Sodium 79 mg
Potsticker with slightly browned bottom and moist filling of chicken, cabbage, onion, garlic, and ginger.



OVERALL SCORE

SAFFRON ROAD CRISPY SAMOSAS WITH VEGETABLES

\$9 for an 8.25-oz. pkg.
Calories 45 | Fat 2 g
Sat. Fat <1 g
Sodium 60 mg
Flaky, crispy phyllo with potato and spinach filling seasoned with onion and coriander. Mild flavor.



OVERALL SCORE

WHOLE FOODS MARKET ARTICHOKE, KALE & SWISS CHARD BITES

\$4.50 for a 5.4-oz. pkg.
Calories 27 | Fat 1.5 g
Sat. Fat <1 g
Sodium 60 mg
Artichoke, kale, and Parmesan cheese with mild onion and garlic flavors. Slightly bitter.



OVERALL SCORE

THAI JOE'S (TRADER JOE'S) LEMONGRASS CHICKEN STIX

\$3.30 for an 8.8-oz. pkg.
Calories 50 | Fat 2 g
Sat. Fat <1 g
Sodium 100 mg
Crispy, tender exterior with moist, chewy filling with distinct lemongrass and mild chicken flavor.



OVERALL SCORE

SEAPAK BUTTERFLY SHRIMP

\$9 for a 20-oz. pkg.
Calories 31 | Fat 2 g
Sat. Fat <1 g
Sodium 46 mg
Whole shrimp with attached tail. Crunchy breading with browned flavor. Shrimp is slightly soft but has a clean taste.



OVERALL SCORE

TYSON ANY'TIZERS POPCORN CHICKEN

\$7.50 for a 25.5-oz. pkg.
Calories 43 | Fat 2 g
Sat. Fat <1 g
Sodium 150 mg
Crispy, crunchy exterior with tender chicken. Somewhat salty. Garlic and black pepper add spicy heat.



OVERALL SCORE

TRADER JOE'S SPINACH & KALE BITES

\$4 for a 7.5-oz. pkg.
Calories 35 | Fat 2 g
Sat. Fat 1 g
Sodium 98 mg
Browned exterior, fresh-tasting spinach with slight kale and mild cheese flavor. Onion, garlic, and black pepper flavors.



OVERALL SCORE

WHOLE FOODS MARKET POTATO & PEA SAMOSAS

\$2.70 for a 7.5-oz. pkg.
Calories 75 | Fat 3 g
Sat. Fat <1 g
Sodium 160 mg
Browned, slightly tough pastry exterior. Indian spice flavors dominate; the potatoes and peas add little to overall flavor.

HOW WE TEST: CR shoppers were asked to look for party foods that appeared to be healthy (based on a quick review of the ingredients and/ or Nutrition Facts labels) primarily at four major supermarkets that tend to carry a large selection of appetizers: Costco, Trader Joe's, Walmart, and Whole Foods. Our trained taste panelists screened 72 products to find the best-tasting. Then our nutrition experts selected the ones that met (or were just slightly above) our nutrition criteria for a healthy snack (≤200 calories, ≤5 grams fat, and ≤480 milligrams sodium per serving) and those products were tasted again. The serving sizes were variable—one to seven pieces.

*For all appetizers, nutrition information is per piece, not per serving.